

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

OMB APPROVAL	
OMB Number:	3235-0287
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1. Name and Address of Reporting Person* <u>WAITE ANDREW L</u>			2. Issuer Name and Ticker or Trading Symbol <u>HORNBECK OFFSHORE SERVICES INC</u> <u>/LA [HOS]</u>			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner Officer (give title below) <input checked="" type="checkbox"/> Other (specify below) Former Director		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) <u>09/05/2006</u>					
600 TRAVIS, SUITE 6600			4. If Amendment, Date of Original Filed (Month/Day/Year)					
(Street)	(City)	(State)	(Zip)	6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person Form filed by More than One Reporting Person				
<u>HOUSTON</u>	<u>TX</u>	<u>77002</u>						

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	09/05/2006		M		11,999	A	\$6.63	11,999	D	
Common Stock	09/05/2006		M		1,700	A	\$11.2	13,699	D	
Common Stock	09/05/2006		M		4,000	A	\$13.83	17,699	D	
Common Stock	09/05/2006		M		4,000	A	\$23.1	21,699	D	
Common Stock	09/05/2006		M		2,425	A	\$27.74	24,124	D	
Common Stock	09/05/2006		S		9,100	D	\$34.82	15,024	D	

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date						Title
Common Stock Option (Right to Purchase)	\$6.625	09/05/2006		X			333	(1)	(1)	Common Stock	333	\$0	23,791	D	
Common Stock Option (Right to Purchase)	\$6.625	09/05/2006		X			3,666	(2)	(2)	Common Stock	3,666	\$0	20,125	D	
Common Stock Option (Right to Purchase)	\$6.625	09/05/2006		X			8,000	(3)	(3)	Common Stock	8,000	\$0	12,125	D	
Common Stock Option (Right to Purchase)	\$11.2	09/05/2006		X			1,700	(4)	(4)	Common Stock	1,700	\$0	10,425	D	
Common Stock Option (Right to Purchase)	\$13.825	09/05/2006		X			4,000	(5)	(5)	Common Stock	4,000	\$0	6,425	D	
Common Stock Option (Right to Purchase)	\$23.1	09/05/2006		X			4,000	(6)	(6)	Common Stock	4,000	\$0	2,425	D	

